

ABSTRACT

- Title:** Analysis of the hurdle clearance technique of students from Faculty of Physical Education and Sport at Charles University
- Objectives:** The main goal of this bachelor thesis was to determine the most frequently occurring mistakes in the hurdle clearance technique in the 110 m hurdles of selected students from Faculty of Physical Education and Sport at Charles University. Other goal was to summarize exercises that will help eliminate the observed mistakes.
- Methods:** Kinematic analysis was used to diagnose mistakes in the hurdle clearance technique. Correlation analysis was used to determine the relation between anthropometric indicators and the frequency of observed mistakes. Because of the set goals the qualitative method was used and the frequency of the mentioned mistakes was recorded in the rating scale afterwards. Based on the publications from Jeřábek (2008), Kašpar (in Hrabinec et al., 2017) and my own experience, a list of fourteen frequently occurring mistakes in the hurdle clearance technique was created. Making video recordings was used for research material collection. Selected technical parameters of the hurdle clearance technique were analyzed by using Kinovea program. For each student, video recordings were taken from two perspectives - from the left side and from the front.
- Results:** Of all the observed mistakes in the hurdle clearance technique, the highest frequency was recorded in the case of insufficient attack on the hurdle bar, which included both a close take-off to the hurdle and a take-off directed too upwards. All monitored probands made at least two mistakes in the hurdle clearance technique. The results indicate a certain degree of relation between anthropometric indicators (body height and weight) and technique. In most cases, the frequency of mistakes increased with increasing body height and weight.
- Keywords:** Hurdle, athletics, hurdle clearance technique, 110 m hurdles, clearing the first hurdle, analysis